

CANSKATE BADGE CHART

BADGE	FORWARD	BACKWARD	STOP	TURN	SPIN	JUMP
#1	balance on 2 feet with eye focus (posture/alignment) marching on the spot walking fwd (duck walk)	walking bwd (8 steps)	falling down → getting up making snow	two-foot quarter bend turns on spot	walking around on spot	two-foot jump on spot
#2	fwd consecutive push/glide sequence (min. 8 thrusts) fwd glide (two feet to one foot) fwd ½ sit glide fwd two-foot sculling	walking bwd with glide	fwd snowplow or fwd ½ snowplow	two-foot ½ turn on spot	two-foot spin	two-foot jump while gliding fwd
#3	fwd slalom (two feet and one foot)	bwd consecutive push/glide sequence (min. 8 thrusts) bwd glide (two feet to one foot) bwd two-foot sculling	bwd snowplow or bwd ½ snowplow	two-foot turn fwd to bwd two-foot turn bwd to fwd	two-foot spin picking up alternating feet two-foot sit spin	two-foot jump gliding bwd
#4	fwd glide on curve clockwise (two feet to one foot) fwd glide on curve counter-clockwise (two feet to one) walking crosscuts: right over left left over right	bwd glide on curve clockwise (two feet to one foot) bwd glide on curve counter-clockwise (two feet to one) bwd slalom (two feet to one)	fwd two-foot side stop	turning on curve fwd to bwd and bwd to fwd (two feet) turning on curve fwd to bwd (one foot) outside inside	fwd one-foot spin (one revolution) one-foot back spin (one revolution)	two-foot jump fwd to bwd and bwd to fwd on a curve
#5	fwd circle thrusts clockwise fwd circle thrusts counter-clockwise fwd crosscuts in a figure 8 pattern edge development (step/step/step and hold on alternating curves FO FI	bwd circle thrusts clockwise bwd circle thrusts counterclockwise	one foot side stop	turning on a curve bwd to fwd changing feet LBO-RFO or RBO-LFO LBI-RFI or RBI-LFI	fwd one-foot spin (more than one revolution) one-foot back spin (more than one revolution)	one-foot jump fwd to bwd fwd power jump
#6	fast fwd perimeter stroking clockwise fast fwd perimeter stroking counterclockwise	fast bwd perimeter stroking clockwise fast bwd perimeter stroking counterclockwise bwd crosscuts in a figure 8 pattern edge development (step/step/step and hold on alternating curves): BO BI	fwd two-foot side stop with speed	circle stroking with crosscuts and turns turning on a curve fwd to bwd changing feet turning on curve bwd to fwd (one foot) outside inside	one-foot spin with FO spiralling edge entry (more than one revolution) one-foot back spin with FI spiralling edge entry (more than one revolution)	back toe-assisted jump rotating power jump
#7	full edges on a line: FI FO fast fwd perimeter stroking with crosscuts - clockwise fast fwd perimeter stroking with crosscuts - counterclockwise fwd progressives fwd chasses fwd rolls or swing rolls	full edges on a line: BI BO fast bwd perimeter stroking with crosscuts - clockwise fast bwd perimeter stroking with crosscuts - counter-clockwise bwd progressives bwd chasses bwd rolls or swing rolls	fwd fast skating, stop bwd fast skating, stop	simple set pattern step sequence (including 3s and mohawks)	one-foot spin with bwd crosscut entry sit spin (one revolution) back sit spin (one revolution)	waltz jump (from bwd crosscuts) toe loop Salchow ½ flip or ½ lutz